

WILDERNESS EXPEDITIONS, INC.

WHAT TO BRING

This is a list of recommended clothing and personal gear to bring on your trip. The list is based on a typical 6 Day adventure and is designed to minimize the weight and size of your pack. Those participating in other programs may still find the list helpful. You may choose to bring things not included in the list, but you will be responsible for carrying all of your “extras”.

Clothing

4 pair socks – 2 lightweight and 2 heavyweight (wool or synthetic blend, Non-Cotton)
An adequate supply of underwear
Long underwear – top and bottom
Swimsuit
2-3 T-shirts (Non-Cotton)
Long sleeve shirt (Non-Cotton)
Fleece pullover or zip-up
2 shorts – or 1 pair shorts and 1 pair pants that zip off to shorts
1 long pants – for warmth (Non-Jean)
Rain pants (quality)
Rain jacket (quality with hood, NOT an emergency poncho)
Jacket with hood
2 hats - 1 for sun protection and 1 for warmth
Gloves
Hiking boots or Hiking shoes (waterproof)
Second pair of closed toe shoes (for camp or if your other shoes get wet)
Fall, Winter, Spring trips: WE recommends ski-type jacket and pants, warmer gear, and gaiters.

Personal Gear

Daypack, like a school backpack (large enough for food, water, gear, and extra clothes)
2 **one quart** or more water bottles or a water bottle and a water bladder
Sunglasses
Sunblock with high SPF rating (travel size or share with a friend)
Lip balm with sunblock
Medicines (labeled) **Note:** If you need any over-the-counter medications, you must bring them with you.
Insect repellent (travel size or share with a friend)
Deodorant (travel size)
Toothbrush and toothpaste (travel size)
Toilet paper (unroll enough for a week and put in ziplock bag)
Spoon/Fork or camping spork
Large camping cup for food and drink, or small cup and plate
Small flashlight or headlamp
Whistle (required)
Small Bible (preferably with old and new testament)
Writing utensils
Ziplock bags (to sort and carry personal gear)
2 or more 55 gallon trash bags (used to cover and keep packs dry)
Camera and film (optional)

End of Program Articles

Clean clothes for the final evening’s activities and your trip home. Clean towel and swimsuit for the showers and/or aquatic center. **Note:** Plan to leave your luggage and all extra articles in the care of the outfitter. They will be kept secure and be available when you return at the end of your trip.

Items Not to Bring

Knives, firearms, fireworks, alcohol, tobacco products, illegal drugs, and electronic devices (music devices, games, cellular phones, etc.). These items may be prohibited by the Forest Service and/or could take away from the experience of a wilderness adventure. **If found, these items may be confiscated.**